

## ABSTRACT OF THE DISCLOSURE

A self-contained refrigerator/freezer and oven, for refrigerating/freezing and cooking food in the same enclosed chamber, which can be actuated by the operator from a variety of remote locations around the world through a public exchange computer communications system, a public switched telephone network, or the internet. The oven has a heating element such as an electrical resistance heating element or a gas burner. A controller is in communication with the heating unit and the refrigeration/freezer unit. The controller activates the refrigeration/freezing unit when a cooling mode is desired, and activates the heating unit when a heating mode is desired.

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